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ONLINE EDUCATION

CRYOTHERAPY



Cryotherapy – level 2



06-07-2020

15:00

Level 1

Level 2

Level 3

This news is about whole body **cryotherapy**. It is a form of therapy which helps your body **to heal**. The only problem is that you must spend three minutes in a super cold **chamber**. The temperature in the chamber is -130

degrees Celsius.

Cryotherapy works by making the brain believe that the body is freezing. The body then sends oxygen-rich blood to the centre of the body.

This makes you feel great. You feel relaxed and full of energy. Cryotherapy is a big hit in New York. Customers pay about 90 dollars for three minutes.



VOCABULARIES

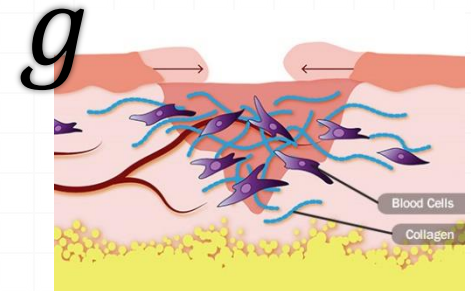
Which word relate to which word?

- o Cryotherapy /ˌkraɪ.əʊˈθer.ə.pi/
- o Heal /hi:l/
- o Chamber /ˈtʃeɪm.bər/
- o Temperature /ˈtem.pər.ə.tʃər/

- o Oxygen /ˈɑːk.sɪ.dʒən/
- o Degrees Celsius /drɪˈɡriː /ˈsel.si.əs/
- o Freeze /friːz/



b °C



VOCABULARIES

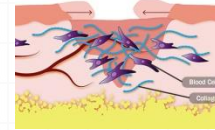
○ **Cryotherapy** /ˌkraɪ.ouˈθer.ə.pi/

- the use of liquid nitrogen to create very low temperatures, often to freeze and remove skin cancers



○ **Heal** /hi:l/

- To become healthy again



○ **Chamber** /ˈtʃeɪm.bər/

- A small room



○ **Temperature** /ˈtem.pər.ə.tʃər/

- the measured amount of heat in a place or in the body



○ **Oxygen** /ˈɑːk.sɪ.dʒən/

- Gas needed to keep most living things alive



○ **Degrees Celsius** /dɪˈɡriː /ˈsel.si.əs/

- a unit of temperature and a temperature scale



○ **Freeze** /friːz/

- if something freezes, its temperature goes below 0°C



QUICK CHECK

1. What is cryotherapy?
2. How is it done?
3. What is the temperature inside the chamber in the process?
4. How does cryotherapy work?
5. Where is this kind of therapy widely known?
6. How much do people pay for it?

CONVERSATION QUESTIONS

○ Given the chance, would you like to try cryotherapy?

○ Are you willing to pay 90 dollars for it?

○ Can you think of other therapeutic means that could make you feel great, relaxed and full of energy? How does it work?

○ Do you believe that “health is better than wealth”? Why so?

CONVERSATION QUESTIONS

So many people spend their
health gaining wealth,
and then have to spend their
wealth to regain their
health.

~A.J. Reb Materi



- o What can you say about this quote by A.J. Reb Materi?
- o Can you say that this applies with the news article we just read?